

School Health Promotion Newsletter Articles

APRIL: Spring into Fresh Fruits & Veggies!



Very Short Text:

It's spring! Check out Fairfax County's 11 farmers markets this year to find great-tasting, fresh produce nearby. Have your kids pick out the fruits and veggies themselves – they'll be more likely to eat it when they get home! Visit the farmers market website to find times and locations: <http://www.fairfaxcounty.gov/parks/wp-farm-mkt.htm>

Several farmers markets will accept SNAP (Supplemental Nutrition Assistance Program) benefits, formerly known as food stamps. Check the website for more information.

Short Text:

Spring has finally arrived, and that means locally picked fresh fruits and vegetables are more readily available in the Fairfax community. Local foods taste better because the crops are picked at the peak of freshness.

Soon, Fairfax County's 11 farmers markets will open, making it easier to find great tasting produce nearby. Have your kids pick out the fruits and veggies themselves – they'll be more likely to eat it when they get home! Visit the farmers market website to find out times and locations: <http://www.fairfaxcounty.gov/parks/wp-farm-mkt.htm>

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Long Text:

Have you ever seen that green banana in the store and wondered, “Where did they pick that?” Food grown farther away must be picked before it is ripe to allow for a longer shelf life. Luckily, spring has finally arrived, and that means locally picked fresh fruits and vegetables are more readily available across the Fairfax community. Local foods taste better because the crops are picked at the peak of freshness.

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What’s fresh in April and May in Virginia? Munch on fresh-from-the-farm strawberries, asparagus, lettuce and spinach. Print out this produce calendar to see what is in season every month of the year:

<http://www.vdacs.virginia.gov/vagrown/pdf/producechart.pdf>

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